



December 15, 2017

Volume 2, Number 12

## From the President's Desk

I'm happy to say the KARC Holiday Party was a resounding success! Thanks to the hard work of Dana Cashman and her helpers we put on as good a party and at as good a venue as any running club could. In case you can't tell - I had a blast. I think I speak for a lot of the members when I say this was a highlight of 2017 for KARC.

While we were all having fun, we also managed to conduct an important piece of business. We elected a new Board of Directors for 2018! Our 2018 Board of Directors is composed of the following members:

Yours Truly - President  
Rick Bozanich - Vice President  
Gary Sullivan - Treasurer  
Jana Daniels - Secretary  
Kim McClintic - Director  
Natalie Shelton - Director  
Sarah Priest - Director

Electing a Board of dedicated and motivated peers is essential to the success of the Club. You, the members of KARC, voice your opinion in this way to entrust this group of people with the major decisions of the club. You should know that you can affect those decisions in more ways than just placing a vote, though. You can tell any one of us about your concerns. We take these to heart. After all, this is your club and we want to serve you the best we can.

I also want to thank you for taking the time to read, understand and voice your opinion on the amendment of the By-Laws. I know that's not what you signed up for. But, we put these administrative controls in place to ensure the success and longevity of the Club. In this particular case, the amendment will serve to protect the membership in the unlikely event that there is ever a move to disband the club

and redistribute any remaining club monies. That'll be done only with your say-so and cannot otherwise be done by an isolated decision of the Board. You'll be happy to know that the proposed amendment passed and is now incorporated into the By-Laws. You can find those By-Laws and associated policies of the Club on our website under the "About" tab.

Looking forward now, I'd like to say a bit about running safety. We are now in the darkest part of the year. The days are short and many of us are running in the dark - morning or night. And that brings to mind safety issues. It is an important matter. Just consider that on November 18<sup>th</sup> a Katy Fit runner tripped on the road by the CopShop and suffered a head injury. While there was no vehicle traffic on the road at the time, the runner did suffer a serious injury. She was transported to the hospital by ambulance. Also in November, Cal Neff was hit by a car on Peek Rd and suffered a broken leg while running home from the Bagel Run. In the past, Doris Bozanich was driven into by a car while she crossed Westheimer Parkway on a group run. Past member Jonathan French was hit by a car on Peek Rd in 2016. And you all read Chris Strohman's profile last month - he was blindsided by a car while on a run. So, watch your footing and watch for vehicle traffic. Wear a headlight when running in the dark. A simple mis-step could send you to the hospital. I've mentioned before the concerns regarding bicyclists. A collision with a bike would be serious. A collision with a car could be fatal. Be careful and be visible.

I'll bet you've all seen our email and Facebook notices about 2018 Club Membership renewal. It's now open. You can find the link to the renewal page [here](#). And if you've got friends or family that are not yet members and would like to join in the fun they can do that [here](#). Join now and beat the New Year rush!

I wish you happy and health running.

Mike Masse

## Rick's Training Corner

As you will see later in this newsletter, KARC had a stellar presence in the YMCA Turkey Dash with over 80 members running either the 10K or the 5K race. Not only did we show up, we took home some hardware. Zhanqing (Jan) Li was the female masters champion in the 5K. In the 10K, about 15 members placed in their age group. Several other members achieved a PR that day as well. Overall, everyone

had a good time! In this column, I want to use the performance of two of our members in this race to introduce a concept.

Curtis Turner recorded the fastest time of any KARC member in the 10K, finishing in a speedy 37:11, good enough to win 1<sup>st</sup> place in his age group. Another member, Pamela Willmon, earned 2<sup>nd</sup> place in her age group with a finishing time of 1:07:55. Comparing these two runners, you might logically think that Curtis ran the better race; his time was faster and he placed higher in his age group than did Pamela. Well, not so fast (no pun intended).

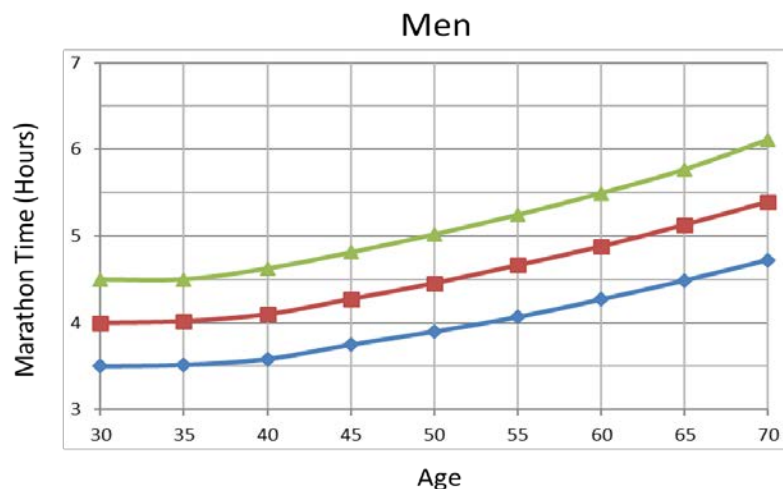
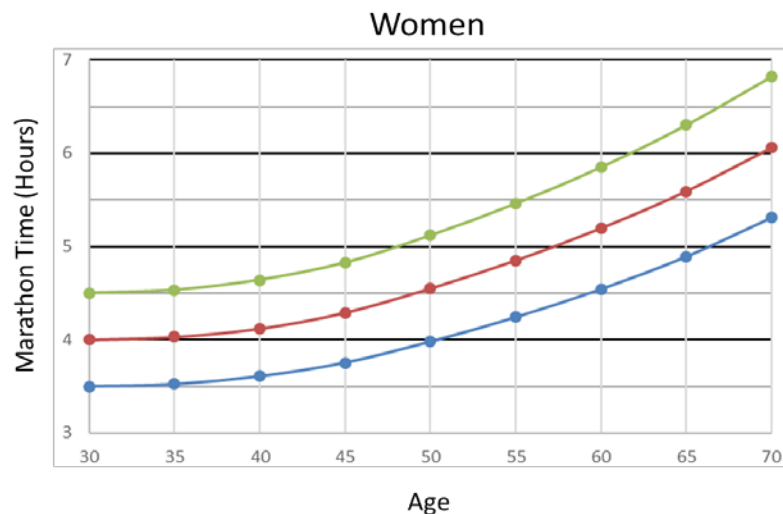
On the basis of chip time, Curtis ran faster. His age-group place is also higher. But how one places in his or her age group for a particular race depends not only on how well one runs; it also depends on the competition that day. The presence, or lack thereof, of a few local speedsters can determine whether or not we come home with an award. Also, Curtis is decades younger than Pamela, so he is expected to run faster. So, how can you determine who ran a better race? One way is to compare each individual's age-graded results.

According to Runner's World, "Age grading is a way of putting all race participants on a level playing field, regardless of age or gender ... Your age-graded score is the ratio of the approximate world-record time for your age and gender divided by your actual time." HARRA uses age-grading in their annual Runner of the Year competition. They rank Houston area runners who are members of HARRA based on their age-graded results in races regardless of distances.

Runner's World has a tool on their website that allows you to calculate your age-graded results for the common race distances. It is easy to use - here is the link: (<https://www.runnersworld.com/tools/age-grade-calculator>). I've played around with this calculator over the past couple of days. Those of you who have been running for more than a few years know that as we get older, we tend to slow down. Using the age-graded data is a way to see changes in relative performance over time. I tested it on some of my race times. I set all of my PR's when I was in my 30's during a stretch when I was running consistently and training seriously. I've slowed down over the years, but I was curious to see how my times back then compare to what I am doing now. My marathon PR back in 1986 was 3:11:19, which equates to an age-graded score of 64.33. My Turkey Dash age-graded score was 63.59 - less than one percent different. Not too bad, but I know I can do better.

Using the Runner's World Age Grade calculator, the graphs below were built to show how one's marathon time can change over the years and still maintain a consistent age grade score. There are separate tables for women and men. For example, for a 30 year old woman, a 4 hour marathon (4:00:00) equates to an age-graded result of 56.42. That same age-grade applied to a 60 year old woman equates to a marathon time of 5:11:50. For a 30 year old man, a 4 hour marathon equates to an age-graded result of 51.23. That same age-grade applied to a 60 year old man equates to a marathon time of 4:53:18.

So, if we apply age-grading to the Turkey Dash, who had a better race - Curtis or Pamela? Sorry Curtis, Pamela's age-graded score of 75.58 beats your still impressive score of 72.3. Congratulations Pamela - you are an inspiration to us all!



I hope to see you out on the trails!

Rick Bozanich

## New Members

Please join me in extending a warm welcome to our new member: Jill Clark.

## Member Profile

How do we all balance life and running? How do we fit it all in? If you think about this then this member profile may give you some insight and inspiration. Marjorie Broussard tells us about her journey as a wife, mother, physician and athlete. I say athlete because there's more to her story than just running. And, by the way, if you don't think you're not an athlete - think again. Marjorie's story might just help with that too!

Here is Marjorie's story:

My running journey started by chance when I ran into a discounted treadmill at an appliance outlet store while shopping for a new refrigerator. Until then I was never into sports or any consistent physical activity program, even though both of my parents were recreational runners and my younger sister was involved in sports since the third grade. I guess you could say I was the typical "nerd". I would also say I was genetically blessed with a good metabolism, since I never had to deal with obesity despite lack of physical activity, poor sleep and the bad dietary choices I had to make while going through medical school.



So, I found myself at 33 years old and after delivering my second child with a few pounds of "baby weight" to lose, feeling very low energy, stressed out and dealing with a depressed mood almost every day. As a physician I knew about the benefits of consistent physical activity. But while working full time and caring for 2 young children it seemed impossible for me to fit a workout routine into my busy schedule. That was when I realized that always having a treadmill available at home could be the way to go. Of course, this came after spending several hundred dollars on a gym membership I rarely got to use. Oh, I am glad I got my treadmill! I started with walking-jogging intervals just 3 times a week. Progressively, I was able to increase the pace and duration of my workouts.

After just a few months I was back into my pre-pregnancy clothes, my mood was way better and I felt more energetic. That is when the challenge started, I signed up for a local 5K to honor Breast Cancer Survivors. Since my mother was a survivor for 10 years, I felt it was a great way to celebrate her milestone. I trained on my treadmill for a couple of weeks. I had no idea about a goal time or pace. I just wanted to finish the race without stopping to walk. Race day came. Unfortunately, I was on call for the hospital and had to be available by phone at all times. But, I was determined and I ran the race carrying my pager, hoping not to be interrupted. Luckily, I was able to finish the race without being paged. I completed the 5k in less than 30 minutes! You can definitely say I was "hooked" on running after that. It is difficult to explain to non-runners the feelings you get on race day - the adrenaline rush and energy you feel while waiting at the start line surrounded by fellow runners, the positive vibes you get from spectators and the sense of accomplishment when you cross that finish line after achieving your goal.

Then came the 10K race. I find it hard to believe now that I trained exclusively on my treadmill and always at the same pace. I had no idea then about speed workouts, tempo runs or long runs. I was still able to finish it and within my goal time. It wasn't until a year later when my daughter joined the cross country team at her middle school that I was introduced to speed and hill workouts. My running experience was taken outdoors for the first time as I participated in their training runs as a volunteer coach. It has never been back to the boring treadmill exclusively again and boy I am glad! Since then I have completed several 5 and 10Ks and a few half marathons. But the real accomplishment is not on the medals or PRs or age group placements. For me the biggest reward has been that I am a



happier, healthier and stronger mother and wife, I am a more relaxed and focused physician, a role model for my patients, and I have gained a number of good running friends along the way.



I feel very fortunate to live in an area with such a wonderful running community, from the advice I have gotten from seasoned runners and coaches, to the sense of accountability and camaraderie I get from running buddies during the group runs that make those long miles and brutal speed and hill workouts go by faster. It is definitely "the cherry on top" to be a member of such an awesome running club. Running is my "happy place" where I can be "me", not the mom or the wife or the doctor, but just me, and where I get to challenge myself constantly. It is where I push against my mental barriers and where I find the balance I was once missing. It has also been heartbreaking at times. As with many other fellow runners, I have been injured a few times while training for a goal race. But, even during the darkest times running has taught me lessons that can then be applied into many different aspects of my life.

This training season has been different, I have learnt through my last injury that the reason I was hurting myself was due to weakness of key muscles. Since then I have incorporated strength training sessions consistently throughout my training, sometimes at home and sometimes at the gym. I also incorporated consistent parking garage running sessions. All of these elements have translated



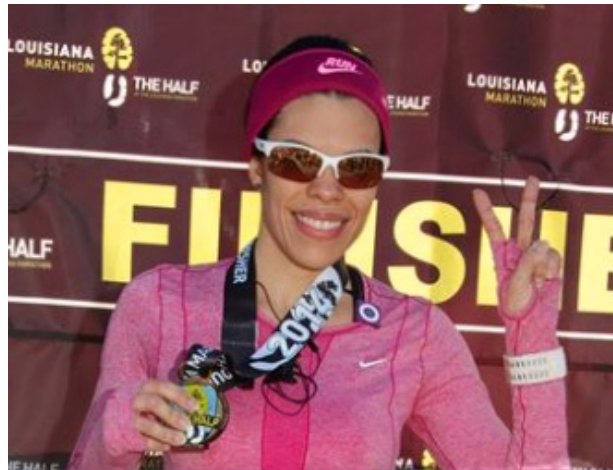
into better running form and a faster pace with less effort and less wear on my body.

Another aspect I have incorporated this year has been working on nutrition. There is a misconception that runners can eat whatever they want and remain lean. I would say that running, particularly distance running, will certainly burn a significant amount of calories that allow elite athletes to remain very lean despite the intake of a significant amount of calories. But for most of us non-elite athletes, fueling our bodies with the right amount and combination of food groups at the right times is definitely more beneficial to our health and performance than just "stuffing our faces" with a significant amount of empty calories before and after our long runs. I have been working with a certified nutritionist over the past 6 months and the positive impact of improved nutrition not only on my body composition but on my stamina, endurance and recovery time are quite evident, not to mention giving me a "clean bill of health" on my last physical exam. I would say that as with everything in life balance is key. The health benefits of running or any consistent aerobic activity are quite significant and these have been proven by good research papers many times. So, I would say that the most important piece of advice I can give my fellow runners will be to be consistent and to work on your technique and running form, to incorporate strength training routines and to be mindful about your nutrition so you can get the most benefit for your health and reduce the risk of injuries while training for goal races.

What's next for me? I want to continue to be healthy and to be a role model for my family, friends, running buddies and my patients. I am looking forward to a new PR on my half marathon in January and I will be participating in a fitness competition in March. Yes, this once "couch potato nerd" is now competing for the title of the fittest doctor in America. And one day I hope to tackle the mother of all races - the full marathon. I am certain I can accomplish it with the support of our awesome running community.

I hope to see you on the running trails soon and please do not hesitate to contact me should you have any questions about strength training routines or nutrition. I am happy to help.





Happy running y'all!  
Marjorie Broussard

## Group Runs

Remember to come out and join other Club members for our group runs. We meet three days each week. While none of the group runs are "mandatory" we think that as members of a running Club you'll appreciate the opportunity to join a group on the run. And, you can always use the Facebook group to arrange for running partners - similar pace, similar distance.

**Tuesday** - Groups meet at 5:00am and 6:30pm, [Cinco Ranch JH Track](#). This is where we normally do speedwork. If you're not familiar with track runs or are just not ready for quick running - no worries. Come on out anyway to take advantage of the soft surface. And you'll never be further away than 1/8 of a mile away from another runner!

**Thursday** - 6:30pm, [Crosspoint Community Church](#) parking lot. We run the Rick Rice park and the Mason Creek hike and bike trail. This is for any distance and pace, though, many are doing their "tempo" runs at this group run.

**Saturday** - Groups meet at the [Sergeant Hatch Park](#) (aka the CopShop) at various times from 5:00am to 7:00am for long runs of various paces and distances. Find your running partners on FB. And we always meet after the run [at Corner Bakery Café](#) on the south I-10 feeder road and Greenhouse for coffee and camaraderie.

## Getting Together

December 6<sup>th</sup> was the BIG NIGHT for KARC. It was our 2<sup>nd</sup> annual Holiday Party. And what fun it was! After a social hour with hors d'ouvres, drinks and a slide show recapping the year, we were treated to an outstanding buffet provided by the kitchen at The Golf Club at Cinco Ranch.



Thankfully, our speakers kept it short and sweet - thanking the folks who make this club run and also those who sacrificed their time and effort for Hurricane Harvey relief efforts. In that last regard, James Ingram and Torrey Kramer were specifically recognized for their efforts - James with the inception and implementation of the online relief sign-up "Clean Up on Aisle 1, 2, 3....", and Torrey for all the tear out guidance and physical help he provided to flooded members. Then there were the door prizes! Did I mention door prizes? Mike Healey went home with the grand prize of two paid nights at a resort in Costa Rica (thank you Carlos Pacheco for arranging that) and 10 members went home with gift certificates to Good Times Running Company. Others took home certificates to Momentum Indoor Climbing, MedSpa at Villagio and Academy. One lucky winner even got a Rudy's gift basket. All took home good memories of an evening filled with camaraderie and friendship!





Remember that we always meet for coffee and camaraderie on Saturday mornings at [Corner Bakery Café](#) after our long runs. It's on Greenhouse on the south I-10 feeder road, just behind Chick-fil-A. Normally, we are there around 8am. So, please come out and join us after your run or even if you don't run. It's fun to catch up. And with the membership running from different locations, by different routes, and at different paces it's hard to see more than a couple people on the run. At coffee we can sit down and visit with the larger group.

## Club Runners Review

Some of you went international this month! Well, at least one of you traveled for that. Curtis Albitz traveled to New Zealand to run the Queenstown International Marathon. Carlos Pacheco, representing Costa Rica, stayed here at home but ran the 10k in the World Corporate Games. Who's next? Maybe we all go to Costa Rica for a marathon/half marathon in 2018?



November 18<sup>th</sup> - [Shiner Beer Run Half Marathon & 10k](#) - Shiner, TX

Stephen Brassette	2:01:03
Matthew Hess	1:59:48
Kim McClintic	2:11:31
Natalie Perry	1:46:33
Craig Prevallet	1:46:11
Ben Shepherd	1:50:28
Shawn Siemers	1:54:35
Toni Smith	2:13:04
Chris Strohman	1:31:57 (2 <sup>nd</sup> AG)
Pam Sullivan	2:38:15
Gary Sullivan	2:04:53



Club members and friends enjoy the after party at the Shiner Brewery (photo courtesy Gary Sullivan)

November 18<sup>th</sup> - [Queenstown International Marathon](#) - Queenstown, New Zealand  
Curtis Albitz 4:44:42



Curtis prepares to tackle the hills of NZ (photo courtesy  
Curtis Albitz)

November 18<sup>th</sup> - World Corporate Games - Houston, TX  
Carlos Pacheco 55:50 (10k, 3<sup>rd</sup> AG)



KARC's Costa Rican representative, Carlos Pacheco, at  
the World Corporate Games (photo courtesy Carlos  
Pacheco)



November 19<sup>th</sup> - [Williams Route 66 Marathon and Half Marathon](#) - Tulsa, OK

Tim Goedeker

2:08:17 (half marathon)

November 19<sup>th</sup> - [La Porte Half Marathon](#) - La Porte, TX

Cindy Davis

3:24:04

Marah Retherford

2:06:29

Jill Seltzer

3:24:01

Bronwyn Turner

3:29:51

Pamela Wilmon

2:34:08 (1<sup>st</sup> AG)



Marah Retherford at the finish of the La Porte Half Marathon (photo courtesy Marah Retherford)



Pamela accepts her 1<sup>st</sup> place age group award (photo courtesy Pamela Wilmon)



The Three Amigas complete another Bridge Series in La Porte (photo courtesy Cindy Davis)

November 23rd - [Monty Ballard YMCA Turkey Dash \(10k/5k\)](#) - Katy, TX

#### 10K Race

Tim Barnett	39:49	Carol Berry	1:16:06
David Bernard	1:00:49	Rick Bozanich	53:13
Jennifer Bernard	1:00:51	Paul Chapman	53:13

Li Chen	49:36	Rebecca Masse	1:02:19 (2 <sup>nd</sup> in AG, PR)
Gordon Christie	42:21	Holly Mayson	1:11:54
Lynette Coles	1:01:50	Emma Millar	51:26
Adam Daniels	38:42 (3 <sup>rd</sup> in AG)	Khurram Mir	45:45
Jeff Dean	40:14	Antonio Orendain	1:13:41
Tina Drewke	1:10:58	Lisa Ozsdolay	55:06 (1 <sup>st</sup> in AG)
Deidre Echols	1:05:26	Josh Ring	41:50
JoAnn Fadeley	53:33 (1 <sup>st</sup> in AG)	Craig Prevallet	43:07
Delton Friedman	43:33 (2 <sup>nd</sup> in AG)	Jenn Rienstra	1:10:56
Lynn Furman	1:21:43 (3 <sup>rd</sup> in AG)	Michael Roberts	44:26 (3 <sup>rd</sup> in AG)
Robert Furman	1:00:08 (2 <sup>nd</sup> in AG)	Neil Ruocco	42:32 (1 <sup>st</sup> in AG)
Ty Halstead	1:29:04 (3 <sup>rd</sup> in AG)	Colleen Saltus	1:36:13
Dana Hill	1:15:04	Jill Seltzer	1:36:13
Vangie Ibbotson	1:02:14	Natalie Shelton	45:24 (1 <sup>st</sup> in AG)
James Ingram	46:32	Shawn Siemers	47:28
Jennifer Ingram	46:34 (2 <sup>nd</sup> in AG)	Lisa Stine	1:25:24
Torrey Kramer	56:10	Chris Strohman	40:06 (3 <sup>rd</sup> in AG)
Bryan Lightsey	55:29	Pam Sullivan	1:12:47
Jennifer Lightsey	56:48	David Thurman	1:12:31
Carletta Lloyd	1:50:13	Curtis Turner	37:11 (1 <sup>st</sup> in AG)
Patricia Lopez	49:03	Lilian Wanjagi	1:02:39
Louis Lucko	48:49	Mandy White	1:09:09
Maria Mainieri	58:32 (PR)	Joe Wilkinson	52:37
Marc Mandell	1:12:40	Janelle Williams	1:09:12
Joshua Manning	51:01	Jocelyn Williams	1:12:45
Beverly Marshall	1:53:14	Pamela Willmon	1:07:55 (2 <sup>nd</sup> in AG)
Mike Masse	49:35		

#### 5K Race

Chris Born	28:37	Edward Moncur	20:29
Doris Bozanich	46:13	Yvonne Prevallet	54:40
Michael Cook	31:14 (2 <sup>nd</sup> in AG)	Tina Seaman	1:12:20
Caryl Coronis	53:10	Rosa Seymour	29:17
Wende Gaikema	43:30	Matt Smyk	41:18 (paced daughter)
Zhanqing Li	21:40 (1 <sup>st</sup> Female masters)	Bekah Swick	51:33
Bob Milner	26:52 (paced KSR student)	Phil Trumbly	27:29
		Deborah Vazquez	51:33





Members gather in the cool Thanksgiving air before the Turkey Dash



Rebecca Masse, JoAnn Fadeley and friend Joy McGee show off their age group hardware



It's a sweep! Delton Friedman, Neil Ruocco and Mike Roberts claim their age group awards



Zhanqing Li - Ladies Masters Champion of the 5k.



November 23<sup>rd</sup> - [Bolt for the Heart 5k](#) - Carmel, IN  
Mike Healey 22:02 (2<sup>nd</sup> AG)

November 26<sup>th</sup> - [HMSA Classical 25k and 10 mile](#) - Houston, TX

10 Mile:

Dana Hill	2:12:13
Allison Serafin	1:48:59

25K:

Buddy Baudoin	2:08:37
Tony Castronovo	2:34:03
Mark Darnell	2:37:00
Kathleen Kress Hanson	3:03:08
Charlotte Harris	2:04:15 (1 <sup>st</sup> in AG)
Louis Lucko	2:16:57
Danny Skinner	3:22:39
Lisa Stine	3:03:04
Bob Trout	3:11:01

December 3<sup>rd</sup> - [California International Marathon](#) - Sacramento, CA

Mark Bradley	3:55:31 (PR)
Susan Freeman	3:35:11

December 3<sup>rd</sup> - [Texas 10 Conroe](#) (10 miles) - Conroe, TX

Cathy Harris	2:21:01 (3 <sup>rd</sup> in AG)
Charlotte Harris	1:14:41 (1 <sup>st</sup> in AG)
Allison Serafin	1:45:50



The Harris Ladies with their age group prizes.

December 3<sup>rd</sup> - [Santas on the Run 5k](#) - Spring Valley, IL

Natalie Shelton	23:42 (1 <sup>st</sup> in AG, 3 <sup>rd</sup> Woman overall)
Chris Strohman	21:52 (2 <sup>nd</sup> in AG)



Ho Ho Ho! - More hardware for Natalie and Chris

December 3<sup>rd</sup> - [Run Girl Half Marathon](#) - Houston, TX

Jennifer Lightsey	2:13:41
Norma Scott	2:13:42

December 2<sup>nd</sup> - 3<sup>rd</sup> - [Rock 'n Roll Marathon](#) - San Antonio, TX

Gordon Christie	1:37:30 (half marathon)
Mark Darnell	2:17:43 (half marathon)
Lynn Furman	3:42:48 (half marathon)
	40:58 (5k)
Bob Furman	5:35:40
	40:56 (5k)
Marie Rappa	7:07:11
Mike Roberts	4:07:08
Kaysley Strain	7:12:28

December 10<sup>th</sup> - [BCS Marathon and Half Marathon](#) - Bryan/College Station, TX

*Half Marathon*

Hyder Hasan	2:06:59 (PR, BCS Ambassador)
Matthew Hess	1:48:22
Paul van Helmond	2:05:29 (PR)
James Ingram	1:37:02 (2 <sup>nd</sup> in AG)
Natalie Shelton	1:40:01
Chris Strohman	1:28:05 (1 <sup>st</sup> in AG)

*Marathon*

Bob Furman	5:29:30 (2 <sup>nd</sup> in AG)
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December 10<sup>th</sup> - [Fort Bend KIA 30k](#) - Sugar Land, TX

Mark Darnell	3:05:46
Mike Roberts	2:32:52
Danny Skinner	4:02:57

December 10<sup>th</sup> - [Towne Lake Duathlon](#) - Cypress, TX

Fon Deuterio	1:23:22 (3 <sup>rd</sup> in AG, Sprint - Run, Bike, Run)
Kyle Priest	1:23:31 (2 <sup>nd</sup> in AG, Sprint)
Keilah Whitley	1:26:36 (2 <sup>nd</sup> in AG, Sprint)

December 9<sup>th</sup> - 10<sup>th</sup> - [Brazos Bend 100](#) - Needville, TX

Melissa Benjamin	2:22:52 (half marathon)
Dana Cashman	18:51:43 (50 miles)
Julie Dading	13:13:23 (50 miles)
Torrey Kramer	18:51:54 (50 miles)
Josh Manning	5:38:05 (marathon)
Lisa Stine	18:50:09 (50 miles)

## Upcoming Event Calendar

The following running events are upcoming club sponsored social events or club focus races. For more information, including hyperlinks to race websites, see our calendar on [www.KatyAreaRunningClub.com](http://www.KatyAreaRunningClub.com).

**December 16<sup>th</sup> - 12K of Christmas** - Houston, TX - race info and registration [here](#).

**January 1<sup>st</sup> - Metal Saw Texas Marathon** - Humble, TX - race info and registration [here](#).

**January 13<sup>th</sup> - ABB 5k** - Houston, TX - race info and registration [here](#).

**January 14<sup>th</sup> - Chevron Houston Marathon and Aramco Half Marathon** - race info [here](#).

**February 18<sup>th</sup> - Austin Marathon** - Austin, TX - race info and registration [here](#).

**February 24<sup>th</sup> - Surfside Beach Marathon** - Surfside Beach, TX - race info and registration [here](#).

**March 24-25<sup>th</sup> - Texas Independence Relay** - Gonzales to San Jacinto, TX - race info and registration [here](#).